



# By The Numbers

Quarterly Health Measures from the National Health Interview Survey  
Issue #1-11

**January – June 2011**

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## Spotlight: Health Insurance Coverage in the U.S.

Health insurance continues to be a topic of great importance to the American people. 46.6 million people in the U.S. are without coverage, according to the most recent NHIS data, and 40.8 million of those without insurance are between the ages of 18 & 64 years old. Since 1997, the lowest percentage of uninsured occurred in 1999 and 2005, whereas the highest percentage occurred in 2010. However, the estimate for January-June 2011 was nearly identical to the estimate in 1997, the first year of comparable data in this release. Also, the first half of 2011 yielded the lowest percentage to date of uninsured children under age 18 .



**Percent of All People Without Health Insurance Coverage in 2011 was 15.3%.<sup>1</sup>**

◆ <sup>1</sup>At the time of interview.

### People of all ages without health insurance

Jan-June 2011	15.3%; 46.6 Million
2010 Annual Estimate	16%; 48.6 Million
Statistically Significant Change (since latest estimate)?	No
1997 Annual Estimate	41 Million

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## Vaccinations

### Influenza

In the first half of 2011, 42.5% of people aged 50-64 had received a flu vaccination within the past year. This includes those who have received seasonal influenza shots and/or seasonal intranasal influenza vaccinations. Of adults aged 18-49, 26.6% received some sort of flu vaccination; this estimate has continued to increase from 2005 to 2011.

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#### Percentage of those who received an influenza vaccination in the past year

	Age		
	18-49	50-64	65+
Jan-June 2011	26.6%	42.5%	69.0%
2010 Annual Estimate		41.2%	63.6%
Statistically Significant Change (since latest estimate)?		No	No
1997 Annual Estimate		31.9%	63.2%

**Early  
Release  
of NHIS  
data**

### Pneumococcal

Pneumococcal vaccinations help prevent the spread of bacteria that causes Pneumococcal disease. There was an increase in the number of people 65 and over who had received a pneumococcal vaccination at some point in their life, with Men 75 and older most likely to have had the vaccination. Also, Hispanics were less likely than non-Hispanic blacks and whites to have been vaccinated.

#### Percentage of those 65+ who had ever received a pneumococcal vaccination

Jan-June 2011	64.7%
2010 Annual Estimate	59.4%
Statistically Significant Change (since latest estimate)?	Yes
1997 Annual Estimate	42.4%

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## General Health Status

Two-thirds of the U.S. population report that they are in very good or excellent health, though the number is slightly lower than it was in 1997. The percentage of people in very good/excellent health in the first half of 2011 was 65.1%, compared to 68.5% in 1997.

As expected, those in excellent or very good health decreased in age.

For example, 82.4% of those under 18, 63.2% for those 18-64, and those 41.5% for 65+. Men were more likely to be in excellent health than women, although for all three age groups the difference between sexes was not significantly significant.

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### Percentage of people in good/excellent health

Jan-June 2011	65.1%
2010 Annual Estimate	65.7%
Statistically Significant Change (since latest estimate)?	No
1997 Annual Estimate	68.5%

**Adults 65+ are almost 8 times more likely to be diagnosed with diabetes than those aged 18-44.**

## Diagnosed Diabetes

The prevalence of diagnosed diabetes increases with age; adults 65+ are almost eight times more likely than those 18-44 to be diagnosed. In the 65+ age group, men are more likely than women to suffer from the disease.

Hispanic and non-Hispanic blacks were more likely to be diagnosed, with percentages of 12.1% for each group. Non-Hispanic whites had a percentage of 7.1%.

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### Percent of people 18+ diagnosed with diabetes

Jan-June 2011	8.8%
2010 Annual Estimate	9.2%
Statistically Significant Change (since latest estimate)?	No
1997 Annual Estimate	5.1%

## Alcohol Consumption

The percentage of adults who have engaged in “binge drinking” - having consumed five or more drinks in one day over the past year—is marginally higher than it was in 1997. In January-June 2011, 22.2% of adults fell into this category, compared to 21.4% in 1997. The lowest percentage was reported in 2003 and 2004, when 19.1% of adults engaged in this behavior.

In both men and women ages 25 and over, alcohol consumption decreased with age. Men were considerably more likely than women to have had five or more drinks in a day, at some point in the past year.

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Non-Hispanic white adults were more likely to have had five or more drinks in a day at least once in the past year.

### Percentage of adults 18+ who have had 5+ drinks in 1 day, in the past year

Jan-June 2011	22.2%
2010 Annual Estimate	22.7%
Statistically Significant Change (since latest estimate)?	No
1997 Annual Estimate	21.4%

## Smoking

Smoking among adults has been on the decline since 1997 - and in fact for over 40 years. In the first half of 2011, nearly 59% of the adult population reported they have never smoked, and another 21.8% reported being former smokers. The percentage of women who

had never smoked was higher than men.

Men were also more likely to be current smokers than women. Non-Hispanic blacks and whites were more likely than Hispanics to be current smokers.

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### Percent of current smokers aged 18+

Jan-June 2011	19.4%
2010 Annual Estimate	19.4%
Statistically Significant Change (since latest estimate)?	No
1997 Annual Estimate	24.7%

## Asthma

The proportion of the population that have experienced an asthma episode in the past year has remained fairly constant over time. During the 1997-2011 time period, the proportion was lowest in 1999 and 2003, at 3.9%, and was highest in 2010 when the estimate was at 4.5%.

Children under 15 were more likely to have had an asthma episode than adults 35 and over. Although gender did not show a difference in children under 15, females

who were age 15 and over were more likely to have had an asthma episode than males.

In the first half of 2011, 8.2% of people of all ages had asthma. This is not a significant increase from 2010, but since 2003 there has been a general increase in the percentage of those with asthma; from 7.1% to 8.6%.

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### Percentage of people who experienced an asthma episode in the past year

Jan-June 2011	4.3%
2010 Annual Estimate	4.5%
Statistically Significant Change (since latest estimate)?	No
1997 Annual Estimate	4.2%

## Serious Psychological Distress

Over the 1997-2011 period, the percentage of adults who experienced serious psychological distress in the past 30 days was lowest in 1999 (2.4%) and highest in the most recent period of January-June 2011 at 3.3%. Adults 45-64 had the highest percentage who experienced distress in the past month (4.5%).

Women ages 18-44 were more likely than men to have experienced serious psychological distress in the last 30 days. Hispanic persons were also more likely to have experienced distress in the last 30 days than non-Hispanic white and blacks.

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### Percentage of people 18+ who reported having serious psychological distress in the past month

Jan-June 2011	3.5%
2010 Annual Estimate	3.3%
Statistically Significant Change (since latest estimate)?	No
1997 Annual Estimate	3.3%



## Personal Care

An estimated 7.3% of people aged 65 and over needed help with personal care from other people in the first half of 2011. Adults 85+ were more than three times as likely to need help with personal care than people aged 75-84, and nearly seven times as likely as people aged 65-74.

For adults ages 75+, women were more likely than men to need help with personal care.

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### Percentage of adults 65+ who need help with personal care from others

Jan-June 2011	7.3%
2010 Annual Estimate	7.0%
Statistically Significant Change (since latest estimate)?	No
1997 Annual Estimate	6.6%

## HIV Testing

An estimated 35.9% of people had ever been tested for HIV, according to data from the first half of 2011. The percentage of those tested had increased steadily from 1997 to 2009, from 31.8% to 39.8%. People aged 35-44 were most likely to have been tested for HIV, and

women between ages 18-44 were more likely to have been tested than men.

Non-Hispanic blacks were the race/ethnic group most likely to have had an HIV test, followed by Hispanics.

### Percentage of adults who had ever been tested for HIV

Jan-June 2011	35.9%
2010 Annual Estimate	39.5%
Statistically Significant Change (since latest estimate)?	Yes
1997 Annual Estimate	31.8%



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## Obesity (Self-Reported)

The prevalence of self-reported obesity among adults 20 years and older has increased steadily since 1997, when 19.4% of adults reported they were obese. In the first half of 2011, 29.4% of adults reported they were obese, with those ages 40-59 more likely to be obese than those ages 20-39 and ages 60 and over.

There was no significant difference between men and women except in the 60+ age group, where men were more likely than women to report they were obese. Non-Hispanic black men and women were more likely than Hispanics and non-Hispanic whites to report they were obese.

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### Prevalence of obesity among adults aged 20+

Jan-June 2011	29.4%
2010 Annual Estimate	28.4%
Statistically Significant Change (since latest estimate)?	No
1997 Annual Estimate	19.4%

The prevalence of obesity in adults aged 20+ has increased from 1997 to 2011.

## Leisure and Physical Activity

In January-June 2011, an estimated 48.2% of adults ages 18 and over met the 2008 federal physical activity guidelines for aerobic activity in their leisure-time. The lowest percentage reported in the past several years was 40.3% in 1998.

Adults 75+ were less likely to have met the guidelines than the younger age groups. Men are more likely than women to meet the guidelines (49.8% vs. 42.1%), and non-Hispanic whites were more likely to meet the guidelines (50.2%) than non-Hispanic blacks (39.2%), and Hispanics (35.0%).

The proportion of adults who met the federal guidelines for both aerobic and muscle-strengthening activities was 21.2% in the first half of 2011. This was an increase from the low of 14.5% reported in 1998.

### Percentage of adults 18+ who met the 2008 federal physical activity guidelines for aerobic activity during leisure-time aerobic activity

Jan-June 2011	48.2%
2010 Annual Estimate	46.9%
Statistically Significant Change (since latest estimate)?	No
1997 Annual Estimate	43.6%

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## Obtaining Needed Medical Care

Since 1999 there has been an increasing trend in the percentage of people who failed to obtain medical care due to cost. Those aged 18-64 were most likely to have failed to obtain medical care (9.7%). An estimated 1.8% of persons 18 and under and 2.6% of persons 65+ were unable to obtain needed medical care due to costs in the past 12 months.

Women 18–64 were more likely than men to have failed to obtain needed medical care due to cost in the past 12 months. Hispanics and non-Hispanic blacks were also more likely than non-Hispanic whites to have failed to obtain needed medical care due to cost.

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### Percentage of people who failed to obtain needed medical care due to cost in the past year

Jan-June 2011	6.8%
2010 Annual Estimate	6.9%
Statistically Significant Change (since latest estimate)?	No
1997 Annual Estimate	4.5%

## Usual Place to Go for Medical Care

The percentage of people who have a usual place to go for medical care was 87.2% in January-June 2011. Adults 18-24 were least likely to have a usual place to go for medical care, while children under 18 were most likely to have a usual place to go for medical care.

Among race/ethnic groups, Hispanics were the least likely to have a usual place to go for medical care (78.4%). The percentages for non-Hispanic blacks and whites were 85.7% and 89.3%, respectively.

### Percentage of people with a usual place to go for medical care

Jan-June 2011	87.2%
2010 Annual Estimate	85.4%
Statistically Significant Change (since latest estimate)?	Yes
1997 Annual Estimate	86.2%



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## Related Articles Released in 2011

- **Health Insurance**

- *Health Insurance Coverage : Estimates from January-June 2011 NHIS*

<http://www.cdc.gov/nchs/data/nhis/earlyrelease/insur201112.pdf>

- **General Health Status**

- *Resting Pulse Rate Reference Data for Children, Adolescents, & Adults 1999-2008*

<http://www.cdc.gov/nchs/data/nhsr/nhsr041.pdf>

- *Healthy People 2010 Final Review*

[http://www.cdc.gov/nchs/data/hpdata2010/hp2010\\_final\\_review.pdf](http://www.cdc.gov/nchs/data/hpdata2010/hp2010_final_review.pdf)

- **Obesity**

- *Consumption of Sugar Drinks in the United States, 2005-2008*

<http://www.cdc.gov/nchs/data/databriefs/db71.pdf>

- **Activity Limitation**

- *Prevalence of Activity Limitations Among Racial/Ethnic Groups & Hispanic Subgroups 2003-2009*

<http://www.cdc.gov/nchs/data/databriefs/db73.pdf>

- **Serious Psychological Distress**

- *Antidepressant Use in Persons Aged 12 and Older, 2005-2008*

<http://www.cdc.gov/nchs/data/databriefs/db76.pdf>

- **Usual Place to Go to Obtain Medical Care**

- *Physician Assistant and Advance Practice Nurse Care in Hospital Outpatient Departments, 2008-2009*

<http://www.cdc.gov/nchs/data/databriefs/db77.pdf>

- **Other Recent Reports of Note:**

- *Births: Preliminary Data for 2010*

[http://www.cdc.gov/nchs/data/nvsr/nvsr60/nvsr60\\_02.pdf](http://www.cdc.gov/nchs/data/nvsr/nvsr60/nvsr60_02.pdf)

- *Teenagers in the United States: Sexual Activity, Contraceptive Use, and Childbearing, National Survey of Family Growth, 2006-2010*

[http://www.cdc.gov/nchs/data/series/sr\\_23/sr23\\_031.pdf](http://www.cdc.gov/nchs/data/series/sr_23/sr23_031.pdf)

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“By The Numbers” is based on data from the report “Early Release of Estimates Based on Data From the January-June 2011 National Health Interview Survey” which can be found on the NCHS web site @

<http://www.cdc.gov/nchs/data/nhis/earlyrelease/earlyrelease201112.pdf>

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